

**DON'T FORGET!**  
Hours of Operation  
for Fitness:  
7:00 AM - 1:00 PM

# JULY 4TH Group Fitness Schedule

- All regularly scheduled classes will not be held.
- Class sizes are limited.
- Class reservations required! Please save your spot via our new app or on desktop via [bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)
- New safety guidelines in effect too. Learn more: [bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

## Studio 1

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
8:00 - 9:00 AM	BODYPUMP	LuAnn Wolfe
9:15 - 10:15 AM	Step Works	LuAnn Wolfe
10:30 - 11:30 AM	Power Yoga	Stephanie Bender

## Field 2

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
9:00-10:00 AM	Fight Club	Shakeem Hodge

## Rink 2

<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
8:30 - 9:00 AM	SPRINT	Jen Fanaro

### For more information:

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[bodyzonesports.com/groupfitness](http://bodyzonesports.com/groupfitness)

**BODY**<sup>™</sup>  
**ZONE**  
Sports and Wellness Complex